## **Individual Best Times (All Time)**

Aoife Marley - (844570) - Witham Dolphins SC - 50 Breaststroke - Long Course Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

34.41 608 H 31/03/19 Team Luton March Open Meet Luton Witham Dolph 34.50 603 F 01/02/20 Essex Age Group Championships 2020 London Witham Dolph 34.58 599 F 03/08/19 Swim England National Summer Meet Sheffield Witham Dolph 34.64 596 F 03/02/18 Essex Age Group Championships 2018 London Witham Dolph 34.75 590 H 01/02/20 Essex Age Group Championships 2020 London Witham Dolph 34.77 589 H 21/04/19 BPSC Easter Meet 2019 Basildton Witham Dolph 34.95 580 H 03/02/18 Essex Age Group Championships 2018 London Witham Dolph 34.95 580 H 03/02/18 Essex Age Group Championships 2018 London Witham Dolph 34.95 580 H 03/02/18 Essex Age Group Championships 2018 London Witham Dolph 35.12 572 H 04/05/19 Swim England National Summer Meet Sheffield Witham Dolph 35.12 572 H 04/05/19 Swim England East Region Long Course Champs Inspire Luton Witham Dolph 35.21 568 F 07/07/19 BWFSC Summer Meet Level 3 London Witham Dolph 35.22 567 H 24/05/19 Glasgow International Swim Meet Tollcross Witham Dolph 35.32 567 H 19/02/22 Speedo & BUGS Long Course Swimming Championships Sheffield 35.39 560 H 05/04/22 British Championships 2019 LONDON Witham Dolph 35.30 560 H 05/04/22 British Championships 2022 Sheffield Birmham Uni 35.31 560 H 05/04/22 British Championships 2022 Sheffield Birmham Uni 35.33 560 H 05/04/22 British Championships 2022 Sheffield Birmham Uni 35.34 567 H 06/04/23 Gity of Norwich Easter Meet 2023 Norwich 35.35 57 F 07/04/23 Gity of Norwich Easter Meet 2023 Norwich 35.36 567 F 07/04/23 Gity of Norwich Easter Meet 2023 Norwich 35.57 550 H 16/01/22 Warwickshire Swimming Championships Coventry Birmham Uni 35.57 560 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.59 560 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.59 560 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.59 560 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.59 561 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.59 564 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph	Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Leve
34.58         599         F         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           34.64         596         F         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.75         590         H         01/02/20         Essex Age Group Championships 2020         London         Witham Dolph           34.77         589         H         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           34.95         580         H         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           35.12         572         H         04/05/19         Swim England Rast Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         560         H         02/02/19         ESSEX AGE GROUP C	34.41	608	Н	31/03/19	Team Luton March Open Meet	Luton	Witham Dolph	1
34.64         596         F         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.75         590         H         01/02/20         Essex Age Group Championships 2020         London         Witham Dolph           34.77         589         H         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           34.95         580         H         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.95         580         H         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tolicross         Witham Dolph           35.29         564         F         02/02/12         Speedo & BUCS Long Course Swimming Championships         Coventry         Birm'ham Uni           35.37         560         H         02/02/19	34.50	603	F	01/02/20	Essex Age Group Championships 2020	London	Witham Dolph	1
34.75         590         H         01/02/20         Essex Age Group Championships 2020         London         Witham Dolph           34.77         589         H         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           34.95         580         H         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.95         580         H         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         560         H         05/04/22         British Championships 2022 <td>34.58</td> <td>599</td> <td>F</td> <td>03/08/19</td> <td>Swim England National Summer Meet</td> <td>Sheffield</td> <td>Witham Dolph</td> <td>1</td>	34.58	599	F	03/08/19	Swim England National Summer Meet	Sheffield	Witham Dolph	1
34.77         589         H         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           34.95         580         H         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.95         580         H         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/05/22         West Midlands Region 2022 Regional	34.64	596	F	03/02/18	Essex Age Group Championships 2018	London	Witham Dolph	1
34.95         590         H         03/02/18         Essex Age Group Championships 2018         London         Witham Dolph           34.95         590         H         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.31         557         H         06/04/29         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.43         557         H         06/04/29         West Midlands Region 2022 Regio	34.75	590	Н	01/02/20	Essex Age Group Championships 2020	London	Witham Dolph	1
34.95         590         H         03/08/19         Swim England National Summer Meet         Sheffield         Witham Dolph           35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19	34.77	589	Н	21/04/19	BPSC Easter Meet 2019	Basildon	Witham Dolph	1
35.12         572         H         04/05/19         Swim England East Region Long Course Champs         Inspire Luton         Witham Dolph           35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         562         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.37         560         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.50         554         F	34.95	580	Н	03/02/18	Essex Age Group Championships 2018	London	Witham Dolph	1
35.21         568         F         07/07/19         BWFSC Summer Meet Level 3         London         Witham Dolph           35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.30         562         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.37         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Champion	34.95	580	Н	03/08/19	Swim England National Summer Meet	Sheffield	Witham Dolph	1
35.23         567         H         24/05/19         Glasgow International Swim Meet         Tollcross         Witham Dolph           35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.30         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22	35.12	572	Н	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Witham Dolph	1
35.28         564         H         19/02/22         Speedo & BUCS Long Course Swimming Championships         Sheffield           35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.32         562         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.36         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22         City of Derby 18th Level1	35.21	568	F	07/07/19	BWFSC Summer Meet Level 3	London	Witham Dolph	3
35.29         564         F         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.32         562         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.36         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         F         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           35.62         548         H         23/01/22	35.23	567	Н	24/05/19	Glasgow International Swim Meet	Tollcross	Witham Dolph	1
35.32 562 H 02/05/22 West Midlands Region 2022 Regional Championships Coventry Birm'ham Uni 35.36 560 H 05/04/22 British Championships 2022 Sheffield Birm'ham Uni 35.37 560 H 02/02/19 ESSEX AGE GROUP CHAMPS 2019 LONDON Witham Dolph 35.40 558 F 02/05/22 West Midlands Region 2022 Regional Championships Coventry Birm'ham Uni 35.43 557 H 06/04/19 Derventio Excel 13th Long Course Open Meet Sheffield Witham Dolph 35.43 557 H 07/04/23 City of Norwich Easter Meet 2023 Norwich 35.43 557 F 07/04/23 City of Norwich Easter Meet 2023 Norwich 35.50 554 F 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.57 550 H 16/01/22 City of Derby 18th Level1 Long Course Ponds Forge Birm'ham Uni 35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.28	564	Н	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1
35.36         560         H         05/04/22         British Championships 2022         Sheffield         Birm'ham Uni           35.37         560         H         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         H         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22         City of Derby 18th Level1 Long Course         Ponds Forge         Birm'ham Uni           35.62         548         H         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.71         544         H         29/10/17         Essex Senior Winter Championships 2017 <td>35.29</td> <td>564</td> <td>F</td> <td>02/02/19</td> <td>ESSEX AGE GROUP CHAMPS 2019</td> <td>LONDON</td> <td>Witham Dolph</td> <td>1</td>	35.29	564	F	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Witham Dolph	1
35.37         560         H         02/02/19         ESSEX AGE GROUP CHAMPS 2019         LONDON         Witham Dolph           35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         H         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22         City of Derby 18th Level1 Long Course         Ponds Forge         Birm'ham Uni           35.59         550         F         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           35.71         544         H         29/10/17         Essex Senior Winter Championships 2017         Basildon         Witham Dolph           35.77         541         H         07/04/18         Derventio Excel 12th Long Course Open Meet         Sheffield         Witham Dolph	35.32	562	Н	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	Birm'ham Uni	1
35.40         558         F         02/05/22         West Midlands Region 2022 Regional Championships         Coventry         Birm'ham Uni           35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         H         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22         City of Derby 18th Level1 Long Course         Ponds Forge         Birm'ham Uni           35.59         550         F         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           35.62         548         H         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.71         544         H         29/10/17         Essex Senior Winter Championships 2017         Basildon         Witham Dolph           35.77         541         H         07/04/18         Derventio Excel 12th Long Course Open Meet         Sheffield         Witham Dolph	35.36	560	Н	05/04/22	British Championships 2022	Sheffield	Birm'ham Uni	1
35.43         557         H         06/04/19         Derventio Excel 13th Long Course Open Meet         Sheffield         Witham Dolph           35.43         557         H         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.43         557         F         07/04/23         City of Norwich Easter Meet 2023         Norwich           35.50         554         F         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.57         550         H         16/01/22         City of Derby 18th Level1 Long Course         Ponds Forge         Birm'ham Uni           35.59         550         F         21/04/19         BPSC Easter Meet 2019         Basildon         Witham Dolph           35.62         548         H         23/01/22         Warwickshire Swimming Championships         Coventry         Birm'ham Uni           35.71         544         H         29/10/17         Essex Senior Winter Championships 2017         Basildon         Witham Dolph           35.77         541         H         07/04/18         Derventio Excel 12th Long Course Open Meet         Sheffield         Witham Dolph	35.37	560	Н	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Witham Dolph	1
35.43 557 H 07/04/23 City of Norwich Easter Meet 2023 Norwich 35.43 557 F 07/04/23 City of Norwich Easter Meet 2023 Norwich 35.50 554 F 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.57 550 H 16/01/22 City of Derby 18th Level1 Long Course Ponds Forge Birm'ham Uni 35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.40	558	F	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	Birm'ham Uni	1
35.43 557 F 07/04/23 City of Norwich Easter Meet 2023 Norwich  35.50 554 F 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni  35.57 550 H 16/01/22 City of Derby 18th Level1 Long Course Ponds Forge Birm'ham Uni  35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph  35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni  35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph  35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.43	557	Н	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Witham Dolph	1
35.50 554 F 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.57 550 H 16/01/22 City of Derby 18th Level1 Long Course Ponds Forge Birm'ham Uni 35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.43	557	Н	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
35.57 550 H 16/01/22 City of Derby 18th Level1 Long Course Ponds Forge Birm'ham Uni 35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.43	557	F	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
35.59 550 F 21/04/19 BPSC Easter Meet 2019 Basildon Witham Dolph 35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.50	554	F	23/01/22	Warwickshire Swimming Championships	Coventry	Birm'ham Uni	1
35.62 548 H 23/01/22 Warwickshire Swimming Championships Coventry Birm'ham Uni 35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.57	550	Н	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	Birm'ham Uni	1
35.71 544 H 29/10/17 Essex Senior Winter Championships 2017 Basildon Witham Dolph 35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph 35.80 F40 H 37/05/03 Classow Interestical Swim Meet	35.59	550	F	21/04/19	BPSC Easter Meet 2019	Basildon	Witham Dolph	1
35.77 541 H 07/04/18 Derventio Excel 12th Long Course Open Meet Sheffield Witham Dolph	35.62	548	Н	23/01/22	Warwickshire Swimming Championships	Coventry	Birm'ham Uni	1
25.00 540 LL 27/05/02 Classow International Cuim Mast Classow	35.71	544	Н	29/10/17	Essex Senior Winter Championships 2017	Basildon	Witham Dolph	1
right 2024 Classow International Swim Most Classow Powered By SPORTS	35.77	541	Н	07/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Witham Dolph	1
	right 202		П	07/05/00	Classou International Cuim Most	Classon	Powered By SPOR	TSYSTE

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36.04	529	Н	23/07/17	BPSC End of Season Meet 2017	Basildon	Witham Dolph	3
36.05	529	Н	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Witham Dolph	1
36.06	528	Н	05/05/18	East Swimming Long Course Championships 2018	Norwich	Witham Dolph	1
36.08	527	Н	04/02/17	Essex Age Group Championships	London	Witham Dolph	1
36.08	527	Н	04/02/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
36.12	526	F	29/10/17	Essex Senior Winter Championships 2017	Basildon	Witham Dolph	1
36.14	525	F	12/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe		1
36.16	524	Н	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	Witham Dolph	1
36.20	522	Н	14/04/18	N&EL L1 National Qualifying Meet	London	Witham Dolph	1
36.25	520	Н	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	Birm'ham Uni	3
36.31	517	Н	30/05/16	ASA East Region Long Course Championships	Luton	Witham Dolph	1
36.31	517	Н	29/04/17	ASA East Long Course Championships	Luton	Witham Dolph	1
36.36	515	F	04/02/17	Essex Age Group Championships	London	Witham Dolph	1
36.36	515	F	04/02/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
36.70	501	F	05/05/18	East Swimming Long Course Championships 2018	Norwich	Witham Dolph	1
36.73	500	F	30/05/16	ASA East Region Long Course Championships	Luton	Witham Dolph	1
37.28	478	F	29/04/17	ASA East Long Course Championships	Luton	Witham Dolph	1
37.41	473	Н	06/02/16	Essex Age Group Championships 2016	London	Witham Dolph	1
37.41	473	Н	06/02/16	Essex Age Group Championships 2016	Basildon	Witham Dolph	1
37.64	464	Н	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich		1
37.70	462	F	06/02/16	Essex Age Group Championships 2016	London	Witham Dolph	1
37.70	462	F	06/02/16	Essex Age Group Championships 2016	Basildon	Witham Dolph	1
37.78	459	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich		1
37.79	459	Н	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	Witham Dolph	3
38.36	439	Н	25/05/15	ASA East Region Summer Championships	Norwich	Witham Dolph	1
38.49	434	F	25/05/15	ASA East Region Summer Championships	Norwich	Witham Dolph	1
40.66	368	Н	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	Witham Dolph	1
43.96	291	Н	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	Witham Dolph	3

## Swims in Date Order

Time	WA Pts	Dound	Doto	Moot	Vanua	Club Swam Under	Lovel
Time	WA PIS	Round	Date	Meet	Venue	Club Swam Under	Level
35.43	557	F	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
35.43	557	Н	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
36.25	520	Н	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	Birm'ham Uni	3
35.80	540	Н	27/05/22	Glasgow International Swim Meet	Glasgow		1
35.40	558	F	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	Birm'ham Uni	1
35.32	562	Н	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	Birm'ham Uni	1
35.36	560	Н	05/04/22	British Championships 2022	Sheffield	Birm'ham Uni	1
36.14	525	F	12/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe		1
35.28	564	Н	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1
35.50	554	F	23/01/22	Warwickshire Swimming Championships	Coventry	Birm'ham Uni	1
35.62	548	Н	23/01/22	Warwickshire Swimming Championships	Coventry	Birm'ham Uni	1
35.57	550	Н	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	Birm'ham Uni	1
36.16	524	Н	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	Witham Dolph	1
34.50	603	F	01/02/20	Essex Age Group Championships 2020	London	Witham Dolph	1
34.75	590	Н	01/02/20	Essex Age Group Championships 2020	London	Witham Dolph	1
34.58	599	F	03/08/19	Swim England National Summer Meet	Sheffield	Witham Dolph	1
34.95	580	Н	03/08/19	Swim England National Summer Meet	Sheffield	Witham Dolph	1
35.21	568	F	07/07/19	BWFSC Summer Meet Level 3	London	Witham Dolph	3
35.23	567	Н	24/05/19	Glasgow International Swim Meet	Tollcross	Witham Dolph	1
35.12	572	Н	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Witham Dolph	1
35.59	550	F	21/04/19	BPSC Easter Meet 2019	Basildon	Witham Dolph	1
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34.77	589	Н	21/04/19	BPSC Easter Meet 2019	Basildon	Witham Dolph	Page 3 / 3
35.43	557	Н	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Witham Dolph	1
34.41	608	Н	31/03/19	Team Luton March Open Meet	Luton	Witham Dolph	1
35.29	564	F	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Witham Dolph	1
35.37	560	Н	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Witham Dolph	1
36.05	529	Н	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Witham Dolph	1
36.70	501	F	05/05/18	East Swimming Long Course Championships 2018	Norwich	Witham Dolph	1
36.06	528	Н	05/05/18	East Swimming Long Course Championships 2018	Norwich	Witham Dolph	1
36.20	522	Н	14/04/18	N&EL L1 National Qualifying Meet	London	Witham Dolph	1
35.77	541	Н	07/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Witham Dolph	1
34.64	596	F	03/02/18	Essex Age Group Championships 2018	London	Witham Dolph	1
34.95	580	Н	03/02/18	Essex Age Group Championships 2018	London	Witham Dolph	1
36.12	526	F	29/10/17	Essex Senior Winter Championships 2017	Basildon	Witham Dolph	1
35.71	544	Н	29/10/17	Essex Senior Winter Championships 2017	Basildon	Witham Dolph	1
36.04	529	Н	23/07/17	BPSC End of Season Meet 2017	Basildon	Witham Dolph	3
37.28	478	F	29/04/17	ASA East Long Course Championships	Luton	Witham Dolph	1
36.31	517	Н	29/04/17	ASA East Long Course Championships	Luton	Witham Dolph	1
36.36	515	F	04/02/17	Essex Age Group Championships	London	Witham Dolph	1
36.36	515	F	04/02/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
36.08	527	Н	04/02/17	Essex Age Group Championships	London	Witham Dolph	1
36.08	527	Н	04/02/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
37.79	459	Н	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	Witham Dolph	3
36.73	500	F	30/05/16	ASA East Region Long Course Championships	Luton	Witham Dolph	1
36.31	517	Н	30/05/16	ASA East Region Long Course Championships	Luton	Witham Dolph	1
37.78	459	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich		1
37.64	464	Н	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich		1
37.70	462	F	06/02/16	Essex Age Group Championships 2016	London	Witham Dolph	1
37.70	462	F	06/02/16	Essex Age Group Championships 2016	Basildon	Witham Dolph	1
37.41	473	Н	06/02/16	Essex Age Group Championships 2016	Basildon	Witham Dolph	1
37.41	473	Н	06/02/16	Essex Age Group Championships 2016	London	Witham Dolph	1
38.49	434	F	25/05/15	ASA East Region Summer Championships	Norwich	Witham Dolph	1
38.36	439	Н	25/05/15	ASA East Region Summer Championships	Norwich	Witham Dolph	1
40.66	368	Н	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	Witham Dolph	1
43.96	291	Н	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	Witham Dolph	3

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